

ABSTRACT OF THE DISCLOSURE

A cushion for use with a variety of types of seats, for example, automotive seats, to adjust the sacrum thereby pivoting the pelvis to assist in maintaining the spine in equilibrium. The cushion is preferably separate from the seat and has central and end support areas that

5 have a density or compressibility that is greater than that of the interconnecting portions. The central area is also provided with one of a plurality of inserts that individually have varying compressibility so that the compressibility of the central area is variable by changing between the inserts.